

Full Report (All Nutrients) 15048, Fish, mackerel, jack, canned, drained solids
Report Date: June 25, 2017 19:44 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	1 cup 190g	1 cubic inch 16g	1 can (15 oz) 361g
Proximates								
Water	g	69.17	2	--	19.61	131.42	11.07	249.70
Energy	kcal	156	--	--	44	296	25	563
Energy	kJ	653	--	--	185	1241	104	2357
Protein	g	23.19	2	--	6.57	44.06	3.71	83.72
Total lipid (fat)	g	6.30	2	--	1.79	11.97	1.01	22.74
Ash	g	1.73	2	--	0.49	3.29	0.28	6.25
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00	0.00	0.00
Minerals								
Calcium, Ca	mg	241	2	--	68	458	39	870
Iron, Fe	mg	2.04	2	--	0.58	3.88	0.33	7.36
Magnesium, Mg	mg	37	2	--	10	70	6	134
Phosphorus, P	mg	301	2	--	85	572	48	1087
Potassium, K	mg	194	2	--	55	369	31	700
Sodium, Na	mg	379	2	--	107	720	61	1368
Zinc, Zn	mg	1.02	2	--	0.29	1.94	0.16	3.68
Copper, Cu	mg	0.147	2	--	0.042	0.279	0.024	0.531
Manganese, Mn	mg	0.040	2	--	0.011	0.076	0.006	0.144
Selenium, Se	µg	37.7	--	--	10.7	71.6	6.0	136.1
Vitamins								
Vitamin C, total ascorbic acid	mg	0.9	2	--	0.3	1.7	0.1	3.2

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Thiamin	mg	0.040	2	--	0.011	0.076	0.006	0.144
Riboflavin	mg	0.212	2	--	0.060	0.403	0.034	0.765
Niacin	mg	6.180	2	--	1.752	11.742	0.989	22.310
Pantothenic acid	mg	0.305	2	--	0.086	0.579	0.049	1.101
Vitamin B-6	mg	0.210	2	--	0.060	0.399	0.034	0.758
Folate, total	µg	5	2	--	1	10	1	18
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	5	2	--	1	10	1	18
Folate, DFE	µg	5	--	--	1	10	1	18
Choline, total	mg	85.0	--	--	24.1	161.5	13.6	306.9
Vitamin B-12	µg	6.94	2	--	1.97	13.19	1.11	25.05
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	130	--	--	37	247	21	469
Retinol	µg	130	--	--	37	247	21	469
Carotene, beta	µg	0	--	--	0	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	433	--	--	123	823	69	1563
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	1.03	--	--	0.29	1.96	0.16	3.72
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	7.3	--	--	2.1	13.9	1.2	26.4
Vitamin D3 (cholecalciferol)	µg	7.3	--	--	2.1	13.9	1.2	26.4
Vitamin D	IU	292	--	--	83	555	47	1054
Vitamin K (phylloquinone)	µg	0.1	--	--	0.0	0.2	0.0	0.4
Lipids								
Fatty acids, total saturated	g	1.857	--	--	0.526	3.528	0.297	6.704
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000
12:0	g	0.007	2	--	0.002	0.013	0.001	0.025

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	1 cup 190g	1 cubic inch 16g	1 can (15 oz) 361g
14:0	g	0.289	2	--	0.082	0.549	0.046	1.043
16:0	g	1.185	2	--	0.336	2.252	0.190	4.278
18:0	g	0.376	2	--	0.107	0.714	0.060	1.357
Fatty acids, total monounsaturated	g	2.225	--	--	0.631	4.228	0.356	8.032
16:1 undifferentiated	g	0.400	2	--	0.113	0.760	0.064	1.444
18:1 undifferentiated	g	1.132	2	--	0.321	2.151	0.181	4.087
20:1	g	0.278	2	--	0.079	0.528	0.044	1.004
22:1 undifferentiated	g	0.414	2	--	0.117	0.787	0.066	1.495
Fatty acids, total polyunsaturated	g	1.651	--	--	0.468	3.137	0.264	5.960
18:2 undifferentiated	g	0.099	2	--	0.028	0.188	0.016	0.357
18:3 undifferentiated	g	0.043	2	--	0.012	0.082	0.007	0.155
18:4	g	0.106	2	--	0.030	0.201	0.017	0.383
20:4 undifferentiated	g	0.069	2	--	0.020	0.131	0.011	0.249
20:5 n-3 (EPA)	g	0.434	2	--	0.123	0.825	0.069	1.567
22:5 n-3 (DPA)	g	0.104	2	--	0.029	0.198	0.017	0.375
22:6 n-3 (DHA)	g	0.796	2	--	0.226	1.512	0.127	2.874
Cholesterol	mg	79	2	--	22	150	13	285
Amino Acids								
Tryptophan	g	0.260	--	--	0.074	0.494	0.042	0.939
Threonine	g	1.017	--	--	0.288	1.932	0.163	3.671
Isoleucine	g	1.069	--	--	0.303	2.031	0.171	3.859
Leucine	g	1.885	--	--	0.534	3.581	0.302	6.805
Lysine	g	2.130	--	--	0.604	4.047	0.341	7.689
Methionine	g	0.686	--	--	0.194	1.303	0.110	2.476
Cystine	g	0.249	--	--	0.071	0.473	0.040	0.899
Phenylalanine	g	0.905	--	--	0.257	1.720	0.145	3.267
Tyrosine	g	0.783	--	--	0.222	1.488	0.125	2.827
Valine	g	1.195	--	--	0.339	2.271	0.191	4.314
Arginine	g	1.388	--	--	0.393	2.637	0.222	5.011
Histidine	g	0.683	--	--	0.194	1.298	0.109	2.466
Alanine	g	1.403	--	--	0.398	2.666	0.224	5.065
Aspartic acid	g	2.375	--	--	0.673	4.513	0.380	8.574
Glutamic acid	g	3.462	--	--	0.981	6.578	0.554	12.498

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Glycine	g	1.113	--	--	0.316	2.115	0.178	4.018
Proline	g	0.820	--	--	0.232	1.558	0.131	2.960
Serine	g	0.946	--	--	0.268	1.797	0.151	3.415
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0